

Alphabetic by Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
All Bran	45	12	3	249
Almonds	3	18	54	561
Alpen	66	12	6	369
Apples	9	0	0	36
Apricots	6	0	0	30
Apricots, dried, raw	42	3	0	180
Artichokes Globe boiled	3	0	0	15
Artichokes Jerusalem boiled	3	3	0	21
Asparagus boiled	0	3	0	9
Aubergine raw	3	0	0	15
Avocados	3	3	21	219
Bacon collar joint boiled	0	21	27	330
Bacon gammon grilled	0	30	12	231
Bacon gammon joint boiled	0	24	18	270
Bacon rashers streaky fried	0	24	45	501
Bacon rashers streaky grilled	0	24	36	399
Baked Beans - Heinz	12	6	0	75
Baked beans - Weight Watchers	9	6	0	54
Bananas	21	0	0	81
Barcelona nuts	6	12	63	639
Barley pearl boiled	27	3	0	120
Bean sprouts canned	0	3	0	9
Beans broad boiled	6	3	0	51
Beans butter boiled	18	6	0	99
Beans french boiled	0	0	0	6
Beans haricot boiled	18	6	0	90
Beans mung cooked	12	6	3	99
Beans runner boiled	3	3	0	21
Beef brisket boiled	0	27	24	321
Beef Casserole -Crockpot	6	9	3	99
Beef corned canned	0	27	12	216
Beef minced stewed	0	24	15	231
Beef rump steak fried	0	30	15	249
Beef rump steak grilled	0	27	12	219
Beef silverside salted	0	30	15	240
Beef sirloin roast	0	24	21	279
Beef steak stewing stewed	0	30	12	219
Beef topside roast	0	27	12	201
Beer bitter	3	0	0	30
Beer larger	3	0	0	30
Beer stout	3	0	0	39
Beetroot boiled	9	3	0	45
Beetroot raw	6	0	0	30
Bilberries	15	0	0	60
Biscuit - Custard Cream	66	6	24	483
Biscuit - mini cheddars	54	9	30	528
Biscuits - morning coffee	75	6	15	444
Biscuits - Rich Tea	72	6	15	441
Biscuits Chocolate covered	66	6	27	519
Biscuits digestive chocolate	66	6	24	489
Biscuits digestive plain	66	6	21	477
Biscuits semi sweet	75	6	18	459
Biscuits shortbread	66	6	27	501
Biscuits wafers filled	66	6	30	540
Biscuits water	75	12	12	441
Black Currants	6	0	0	30
Black pudding fried	15	12	21	300
Blackberries	6	3	0	30
Bran Flakes	72	9	3	330
Bran wheat	27	15	6	201
Brazil Nuts	3	12	60	600
Bread brown	45	9	3	219
Bread malt	48	9	3	249
Bread rolls white	54	9	6	300
Bread white	45	9	3	234
Bread white toasted	66	9	3	300
Bread wholemeal	42	9	3	219
Breadcrumbs white	78	12	3	351
Broccoli tops boiled	3	3	0	21

Alphabetic by Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Brussels sprouts boiled	3	3	0	21
Buns current	54	6	9	300
Butter	0	0	81	750
Cabbage savoy boiled	0	0	0	9
Cabbage savoy raw	3	3	0	24
Cabbage spring boiled	0	0	0	9
Cabbage winter boiled	3	3	0	15
Cake fruit	57	3	12	330
Cake Madeira	57	6	18	399
Cake rock	60	6	15	399
Cake sponge with fat	54	6	27	459
Cake sponge without fat	54	9	6	300
Cakes fancy	69	3	15	399
Carrots boiled	3	0	0	21
Carrots raw	6	0	0	24
Cauliflower boiled	0	3	0	9
Cauliflower cheese	6	6	9	117
Celery boiled	0	0	0	6
Celery raw	0	0	0	9
Cheese camembert	0	24	24	300
Cheese cheddar	0	27	33	399
Cheese cottage	3	15	0	66
Cheese cream	0	3	48	441
Cheese danish blue	0	24	30	360
Cheese edam	0	24	24	300
Cheese parmesan	0	36	30	399
Cheese processed	0	21	24	300
Cheese stilton	0	27	39	459
Cherries	9	0	0	39
Cherries glace	57	0	0	225
Chestnuts	36	3	3	171
Chicken Kiev	9	24	21	327
Chicken roast boned	0	24	6	150
Chicken roast meat	0	21	9	159
Chicory	3	0	0	9
Chocolate Break (mug of)	18	3	3	108
Chocolate milk	60	9	30	531
Chocolate plain	66	6	30	531
Christmas Pudding	48	6	12	300
Cider dry	3	0	0	36
Cider sweet	3	0	0	39
Coclea boiled	0	12	0	51
Cocoa powder	12	18	21	300
Coconut	3	3	36	351
Coconut desiccated	6	6	63	600
Cod fillet baked	0	21	0	99
Cod fillet fried	3	21	9	171
Cod fillet fried in batter	9	21	9	201
Cod fillet grilled	0	21	0	99
Cod fillet poached	0	21	0	90
Cod fillet steamed	0	18	0	81
Coke diet	0	0	0	0
Cola	12	0	0	48
Coleslaw	6	0	15	162
Cornflakes	81	9	0	351
Cornflour	93	0	0	351
Cornish pastie	30	9	21	330
Crab boiled	0	21	6	129
Crab canned	0	18	0	81
Cracker Bread	75	12	3	375
Cranberries	3	0	0	18
Cream crackers - Crawford	66	9	12	390
Cream double	3	3	48	450
Cream single	3	3	21	201
Cream sterilised canned	3	3	24	231
Cream whipping	3	3	36	330
Crispbread rye	72	9	3	321
Crispbread wheat	36	45	9	390
Croissant	27	3	12	231

Alphabetic by Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Cucumber	3	0	0	9
Currants dried	63	3	0	240
Custard egg	12	6	6	120
Custard powder	18	3	3	120
Damsons	9	0	0	36
Dates dried	54	3	0	210
Drinking chocolate	78	6	6	369
Dripping	0	0	99	900
Duck roast	0	24	9	189
Dumpling	24	3	12	201
Egg dried whole	0	45	42	561
Egg scrambled	0	9	24	249
Egg whole raw	0	12	12	150
Egg yolk	0	15	30	339
Eggwhite	0	9	0	36
Fat cooking	0	0	99	900
Fish fingers fried	18	15	12	231
Flour brown	69	12	3	330
Flour white	75	12	0	339
Flour white self raising	78	9	0	339
Flour wholemeal	66	12	3	321
Fruit gums	45	0	0	171
Fruit juice sweetened	9	0	0	39
Fruit juice unsweetened	9	0	0	30
Fruit pie	57	3	15	369
Fruit salad canned	24	0	0	102
Goose roast meat	0	30	21	321
Gooseberries	3	0	0	15
Grape nuts cereal	75	12	3	360
Grapefruit - Tin	9	0	0	36
Grapefruit peeled	6	0	0	21
Grapes black	12	0	0	51
Grapes white	15	0	0	60
Green Bean Mix	3	0	0	27
Greengages	12	0	0	51
Haggis boiled	18	12	21	300
Halibut steamed	0	24	3	129
Ham	0	18	6	120
Ham cooked	0	24	18	270
Hamburgers fried	6	21	18	261
Hare stewed with bones	0	21	6	141
Heart roast	0	27	15	240
Heart stewed	0	30	6	180
Herring grilled	0	21	12	201
Honey	75	0	0	291
Ice cream dairy	24	3	6	171
Ice cream non dairy	21	3	9	171
Jams	60	0	0	261
Jelly packet	15	0	0	57
Kidney fried	0	24	6	150
Kidney stewed	0	27	9	171
Kipper baked	0	27	12	201
Lamb breast roast	0	18	36	399
Lamb chops loin grilled	0	24	30	351
Lamb cutlets grilled	0	24	30	369
Lamb leg roast	0	27	18	270
Lamb scrag and neck stewed	0	27	21	291
Lamb shoulder roast	0	21	27	321
Lard	0	0	99	900
Leeks boiled	6	3	0	24
Lemon curd	63	0	6	279
Lemon juice	3	0	0	6
Lemon sole fried in breadcrumb	9	15	12	201
Lemon sole steamed	0	21	0	90
Lemonade bottled	6	0	0	24
Lemons	3	0	0	15
Lentils boiled	18	9	0	99
Lettuce	0	0	0	9
Liver fried	6	27	12	249

Alphabetic by Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Liver stewed	3	24	9	201
Lobster boiled	0	21	3	120
Luncheon meat	6	12	27	300
Macaroni boiled	24	3	0	120
Macaroni cheese	15	6	9	171
Macaroni cheese - Tin	12	3	6	96
Mackerel fried	0	21	12	189
Mandarin Oranges - can	15	0	0	57
Mango Chutney	60	0	0	231
Mangoes	15	0	0	60
Margarine	0	0	81	729
Margarine low fat spread	0	0	39	369
Marmalade	69	0	0	261
Marrow boiled	0	0	0	6
Mars bar	66	6	18	441
Marzipan	48	9	24	441
Mayonnaise	0	3	78	720
Melon	6	0	0	21
Milk	6	3	3	66
Milk condensed skimmed	60	9	0	270
Milk condensed whole sweetened	57	9	9	321
Milk evaporated whole	12	9	9	159
Milk skimmed	6	3	0	33
Mince and Spaghetti	6	9	3	93
Mincemeat	63	0	3	285
Muesli	66	12	9	369
Mushrooms fried	0	3	21	210
Mushrooms raw	0	3	0	12
Mustard and cress	0	3	0	9
Nectrarines	12	0	0	51
Oil vegetable	0	0	99	900
Omelet	0	12	15	201
Onions fried	9	3	33	351
Onions raw	6	0	0	24
Onions spring	9	0	0	36
Orange juice	9	0	0	39
Orange peeled	9	0	0	39
Oxo cube	3	3	0	15
Pancakes	36	6	15	300
Parsnips - boiled	15	0	0	60
Pasta	78	12	3	366
Pastry flaky cooked	48	6	39	561
Pastry Puff	36	6	24	384
Pastry shortcrust cooked	57	6	33	531
Peach Slices - tin	12	0	0	48
Peaches canned	12	0	0	48
Peaches fresh	9	0	0	33
Peanuts fresh	9	24	51	570
Peanuts roasted and salted	9	24	51	570
Pears	9	0	0	30
Peas boiled	3	6	0	42
Peas canned	6	6	0	51
Peppers green raw	3	0	0	15
Philadelphia cheese - light	3	12	15	195
Pickle Branston	36	0	0	150
Pilchard canned	0	18	6	129
Pineapple canned	15	0	0	63
Pineapple fresh	12	0	0	51
Plaice fried in butter	15	15	18	279
Plaice steamed	0	18	3	90
Plums cooking	6	0	0	27
Plums dessert	9	0	0	39
Popcorn	78	3	12	414
Pork chops grilled	0	30	24	330
Pork leg roast	0	27	21	291
Porridge Oats with Bran	60	12	6	333
Potato chips	36	3	12	249
Potato crisps	48	6	36	525
Potatoes baked with skin	21	3	0	84

Alphabetic by Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Potatoes boiled - King Edwards	21	0	0	81
Prawns	0	24	3	99
Prunes - Tin	21	0	0	87
Prunes stewed	21	0	0	84
Puffed wheat cereal	69	15	0	324
Quiche Lorraine	21	15	27	399
Rabbit stewed	0	15	3	90
Radish	3	0	0	15
Raisins	66	0	0	249
Raspberries	6	0	0	27
Red Currants	3	0	0	21
Rhubarb raw	0	0	0	6
Rhubarb stewed with sugar	9	0	0	45
Rice Brown Boiled	42	3	0	183
Rice Krispies cereal	87	6	0	351
Rice pudding canned	12	3	0	72
Rice white boiled	27	3	0	120
Rice white raw	87	6	0	360
Salad Cream	15	3	27	300

## By Carb Amount

Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Asparagus boiled	0	3	0	9
Bacon collar joint boiled	0	21	27	330
Bacon gammon grilled	0	30	12	231
Bacon gammon joint boiled	0	24	18	270
Bacon rashers streaky fried	0	24	45	501
Bacon rashers streaky grilled	0	24	36	399
Bean sprouts canned	0	3	0	9
Beans french boiled	0	0	0	6
Beef brisket boiled	0	27	24	321
Beef corned canned	0	27	12	216
Beef minced stewed	0	24	15	231
Beef rump steak fried	0	30	15	249
Beef rump steak grilled	0	27	12	219
Beef silverside salted	0	30	15	240
Beef sirloin roast	0	24	21	279
Beef steak stewing stewed	0	30	12	219
Beef topside roast	0	27	12	201
Butter	0	0	81	750
Cabbage savoy boiled	0	0	0	9
Cabbage spring boiled	0	0	0	9
Cauliflower boiled	0	3	0	9
Celery boiled	0	0	0	6
Celery raw	0	0	0	9
Cheese camembert	0	24	24	300
Cheese cheddar	0	27	33	399
Cheese cream	0	3	48	441
Cheese danish blue	0	24	30	360
Cheese edam	0	24	24	300
Cheese parmesan	0	36	30	399
Cheese processed	0	21	24	300
Cheese stilton	0	27	39	459
Chicken roast boned	0	24	6	150
Chicken roast meat	0	21	9	159
Cockles boiled	0	12	0	51
Cod fillet baked	0	21	0	99
Cod fillet grilled	0	21	0	99
Cod fillet poached	0	21	0	90
Cod fillet steamed	0	18	0	81
Coke diet	0	0	0	0
Crab boiled	0	21	6	129
Crab canned	0	18	0	81
Dripping	0	0	99	900
Duck roast	0	24	9	189
Egg dried whole	0	45	42	561
Egg scrambled	0	9	24	249
Egg whole raw	0	12	12	150
Egg yolk	0	15	30	339
Eggwhite	0	9	0	36
Fat cooking	0	0	99	900
Goose roast meat	0	30	21	321
Halibut steamed	0	24	3	129
Ham	0	18	6	120
Ham cooked	0	24	18	270
Hare stewed with bones	0	21	6	141
Heart roast	0	27	15	240
Heart stewed	0	30	6	180
Herring grilled	0	21	12	201
Kidney fried	0	24	6	150
Kidney stewed	0	27	9	171
Kipper baked	0	27	12	201
Lamb breast roast	0	18	36	399
Lamb chops loin grilled	0	24	30	351
Lamb outlets grilled	0	24	30	369
Lamb leg roast	0	27	18	270
Lamb scrag and neck stewed	0	27	21	291
Lamb shoulder roast	0	21	27	321
Lard	0	0	99	900
Lemon sole steamed	0	21	0	90
Lettuce	0	0	0	9
Lobster boiled	0	21	3	120
Mackerel fried	0	21	12	189
Margarine	0	0	81	729
Margarine low fat spread	0	0	39	369
Marrow boiled	0	0	0	6
Mayonnaise	0	3	78	720
Mushrooms fried	0	3	21	210

Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Mushrooms raw	0	3	0	12
Mustard and cress	0	3	0	9
Oil vegetable	0	0	99	900
Omelet	0	12	15	201
Pilchards canned	0	18	6	129
Plaice steamed	0	18	3	90
Pork chops grilled	0	30	24	330
Pork leg roast	0	27	21	291
Prawns	0	24	3	99
Rabbit stewed	0	15	3	90
Rhubarb raw	0	0	0	6
Salmon steamed	0	21	12	201
Sardines canned in oil	0	24	15	219
Sardines canned tomato sauce	0	18	12	180
Sherry dry	0	0	0	114
Spirits - whisky, Gin etc	0	0	0	219
Spring greens boiled	0	3	0	9
Squash Undiluted - sugar free	0	0	0	6
Steak stewed canned	0	15	12	180
Trout steamed	0	24	6	141
Tuna canned in oil	0	24	0	99
Turkey roast	0	30	3	141
Veal fillet roast	0	33	12	231
Venison roast	0	36	6	201
Watercress	0	3	0	15
Wine red	0	0	0	69
Wine white dry	0	0	0	66
Almonds	3	18	54	561
Artichokes Globe boiled	3	0	0	15
Artichokes Jerusalem boiled	3	3	0	21
Aubergine raw	3	0	0	15
Avocados	3	3	21	219
Beans runner boiled	3	3	0	21
Beer bitter	3	0	0	30
Beer larger	3	0	0	30
Beer stout	3	0	0	39
Brazil Nuts	3	12	60	600
Broccoli tops boiled	3	3	0	21
Brussels sprouts boiled	3	3	0	21
Cabbage savoy raw	3	3	0	24
Cabbage winter boiled	3	3	0	15
Carrots boiled	3	0	0	21
Cheese cottage	3	15	0	66
Chicory	3	0	0	9
Cider dry	3	0	0	36
Cider sweet	3	0	0	39
Coconut	3	3	36	351
Cod fillet fried	3	21	9	171
Cranberries	3	0	0	18
Cream double	3	3	48	450
Cream single	3	3	21	201
Cream sterilised canned	3	3	24	231
Cream whipping	3	3	36	330
Cucumber	3	0	0	9
Gooseberries	3	0	0	15
Green Bean Mix	3	0	0	27
Lemon juice	3	0	0	6
Lemons	3	0	0	15
Liver stewed	3	24	9	201
Oxo cube	3	3	0	15
Peas boiled	3	6	0	42
Peppers green raw	3	0	0	15
Philadelphia cheese - light	3	12	15	195
Radish	3	0	0	15
Red Currants	3	0	0	21
Sausage - Herta	3	12	30	336
Swede boiled	3	0	0	21
Tomato juice	3	0	0	12
Tomatoes raw	3	0	0	15
Turnips boiled	3	0	0	12
Apricots	6	0	0	30
Barcelona nuts	6	12	63	639
Beans broad boiled	6	3	0	51
Beef Casserole -Crockpot	6	9	3	99
Beetroot raw	6	0	0	30
Black Currants	6	0	0	30
Blackberries	6	3	0	30

Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Carrots raw	6	0	0	24
Cauliflower cheese	6	6	9	117
Coconut desiccated	6	6	63	600
Coleslaw	6	0	15	162
Grapefruit peeled	6	0	0	21
Hamburgers fried	6	21	18	261
Leeks boiled	6	3	0	24
Lemonade bottled	6	0	0	24
Liver fried	6	27	12	249
Luncheon meat	6	12	27	300
Melon	6	0	0	21
Milk	6	3	3	66
Milk skimmed	6	3	0	33
Mince and Spaghetti	6	9	3	93
Onions raw	6	0	0	24
Peas canned	6	6	0	51
Plums cooking	6	0	0	27
Raspberries	6	0	0	27
Sherry sweet	6	0	0	141
Strawberries fresh	6	0	0	24
Tomatoes canned	6	0	0	24
Walnuts	6	12	51	531
Wine white sweet	6	0	0	9
Yogurt flavoured - low fat	6	6	0	42
Yogurt natural	6	6	0	54
Apples	9	0	0	36
Baked beans - Weight Watchers	9	6	0	54
Beetroot boiled	9	3	0	45
Cherries	9	0	0	39
Chicken Kiev	9	24	21	327
Cod fillet fried in batter	9	21	9	201
Damocles	9	0	0	36
Fruit juice sweetened	9	0	0	39
Fruit juice unsweetened	9	0	0	30
Grapefruit - Tin	9	0	0	36
Lemon sole fried in breadcrumb	9	15	12	201
Onions fried	9	3	33	351
Onions spring	9	0	0	36
Orange juice	9	0	0	39
Orange peeled	9	0	0	39
Peaches fresh	9	0	0	33
Peanuts fresh	9	24	51	570
Peanuts roasted and salted	9	24	51	570
Pears	9	0	0	30
Plums dessert	9	0	0	39
Rhubarb stewed with sugar	9	0	0	45
Satsumas peeled	9	0	0	36
Tangerines peeled	9	0	0	36
Baked Beans - Heinz	12	6	0	75
Beans mung cooked	12	6	3	99
Cocoa powder	12	18	21	300
Cola	12	0	0	48
Custard egg	12	6	6	120
Grapes black	12	0	0	51
Greengages	12	0	0	51
Macaroni cheese - Tin	12	3	6	96
Milk evaporated whole	12	9	9	159
Nectarines	12	0	0	51
Peach Slices - tin	12	0	0	48
Peaches canned	12	0	0	48
Pineapple fresh	12	0	0	51
Rice pudding canned	12	3	0	72
Sausages pork grilled	12	12	24	321
Spaghetti canned tomato sauce	12	3	0	51
Spaghetti tin, weight watchers	12	3	0	51
Bilberries	15	0	0	60
Black pudding fried	15	12	21	300
Grapes white	15	0	0	60
Jelly packet	15	0	0	57
Macaroni cheese	15	6	9	171
Mandarin Oranges - can	15	0	0	57
Mangoes	15	0	0	60
Parsnips - boiled	15	0	0	60
Pineapple canned	15	0	0	63
Plaice fried in butter	15	15	18	279
Salad Cream	15	3	27	300
Sausages beef grilled	15	12	18	270

Food (100g)	Carb (g)	Protein (g)	Fat (g)	Energy (Cals)
Tomato Puree	15	6	0	90
Beans butter boiled	18	6	0	99
Beans haricot boiled	18	6	0	90
Chocolate Break (mug of)	18	3	3	108
Custard powder	18	3	3	120
Fish fingers fried	18	15	12	231
Haggis boiled	18	12	21	300
Lentils boiled	18	9	0	99
Salad Cream Weight Watchers	18	0	9	144
Bananas	21	0	0	81
Ice cream non dairy	21	3	9	171
Potatoes baked with skin	21	3	0	84
Potatoes boiled - King Edwards	21	0	0	81
Prunes - Tin	21	0	0	87
Prunes stewed	21	0	0	84
Quiche Lorraine	21	15	27	399
Dumpling	24	3	12	201
Fruit salad canned	24	0	0	102
Ice cream dairy	24	3	6	171
Macaroni boiled	24	3	0	120
Sauce brown	24	0	0	99
Sweetcom	24	3	3	123
Tomato Ketchup	24	0	0	96
Barley pearl boiled	27	3	0	120
Bran wheat	27	15	6	201
Croissant	27	3	12	231
Rice white boiled	27	3	0	120
Spaghetti boiled	27	3	0	120
Yorkshire puddings	27	6	9	222
Cornish pastie	30	9	21	330
Scampi fried in breadcrumbs	30	12	18	321
Sorbet Blackcurrent	30	0	0	117
Squash undiluted	33	0	0	123
Chestnuts	36	3	3	171
Crispbread wheat	36	45	9	390
Pancakes	36	6	15	300
Pastry Puff	36	6	24	384
Pickle Branston	36	0	0	150
Potato chips	36	3	12	249
Apricots, dried, raw	42	3	0	180
Bread wholemeal	42	9	3	219
Rice Brown Boiled	42	3	0	183
All Bran	45	12	3	249
Bread brown	45	9	3	219
Bread white	45	9	3	234
Fruit gums	45	0	0	171
Sponge pudding	45	6	15	339
Bread malt	48	9	3	249
Christmas Pudding	48	6	12	300
Marzipan	48	9	24	441
Pastry flaky cooked	48	6	39	561
Potato crisps	48	6	36	525
Biscuit - mini cheddars	54	9	30	528
Bread rolls white	54	9	6	300
Buns current	54	6	9	300
Cake sponge with fat	54	6	27	459
Cake sponge without fat	54	9	6	300
Dates dried	54	3	0	210
Cake fruit	57	3	12	330
Cake Madeira	57	6	18	399
Cherries glace	57	0	0	225
Fruit pie	57	3	15	369
Milk condensed whole sweetened	57	9	9	321
Pastry shortcrust cooked	57	6	33	531
Scones	57	9	15	369
Cake rock	60	6	15	399
Chocolate milk	60	9	30	531
Jams	60	0	0	261